

Full Report (All Nutrients) 45107566, ZATARAIN'S, ALFREDO PASTA DINNER MIX, UPC: 071429086036

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	0.333 cup 36g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	140	389
Protein	g	--	--	5.00	13.89
Total lipid (fat)	g	--	--	3.50	9.72
Carbohydrate, by difference	g	--	--	22.00	61.11
Fiber, total dietary	g	--	--	1.0	2.8
Sugars, total	g	--	--	3.00	8.33
Minerals					
Calcium, Ca	mg	--	--	60	167
Iron, Fe	mg	--	--	0.72	2.00
Sodium, Na	mg	--	--	750	2083
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	1.501	4.170
Fatty acids, total trans	g	--	--	0.500	1.390
Cholesterol	mg	--	--	5	14

Amino Acids

Other

Ingredients
ENRICHED MACARONI PRODUCT (DURUM WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY (MILK), CREAM CHEESE (PASTEURIZED MILK & CREAM, CHEESE CULTURES, SALT, CAROB BEAN GUM), BUTTERMILK POWDER, MODIFIED CORN STARCH, SALT, PARTIALLY HYDROGENATED SOYBEAN OIL, PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, ROMANO CHEESE (PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, PARMESAN CHEESE (CULTURED PART-SKIM COW'S MILK, SALT, ENZYMES), NONFAT DRY MILK, GRANULAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SODIUM PHOSPHATE, SPICES (INCLUDING CHILI PEPPER,

RED PEPPER, PAPRIKA, TURMERIC), GARLIC, YEAST EXTRACT, SOY SAUCE (HYDROLYZED SOY PROTEIN, CORN SYRUP SOLIDS, SALT), NATURAL FLAVOR (INCLUDING BUTTER), DISODIUM INOSINATE AND GUANYLATE (FLAVOR ENHANCERS), SODIUM CASEINATE, WHEY PROTEIN CONCENTRATE, XANTHAN GUM, LACTOSE, BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), ONION, EXTRACTIVES OF PAPRIKA AND ANNATTO, AND DISODIUM INOSINATE & GUANYLATE (FLAVOR ENHANCERS). *Date Last Updated by Company: 05/16/2016*